

‘intheknow’

information + support

Erupting Angst: Understanding the Collision Between Anger and Aggression in the World of Anxiety

This webinar provides an understanding of the reasons why anger and aggression often become the challenging mask behind which anxiety hides.

Light refreshments provided.

Tuesday, January 15, 2019
6:30pm – 8:30pm

Columbus Community Centre
7201 Domano Blvd
Prince George, BC V2L 4S2

FREE OF CHARGE

To secure your spot please RSVP by phone or email to:

kathy.buhler@familysmart.ca

604.878.3400 / 855.887.8004



‘intheknow’ provides expert speakers on topics important to families and/or to those working to support the mental health of children and youth. The in person viewing also provides an opportunity for supported conversations between families and/or service providers.

Participating can happen either in person at various community sites or online at:
www.familysmart.ca/in-the-know